

What are some healthy and quick breakfasts?

In our busy life style, we did not give time to consider about health especially on breakfast. Most of the people skip their breakfast due to this we facing lot of health issues.

We don't want more time to cook, you can quickly prepare some healthy breakfast.

Cucumber curd sandwich:



Take cucumber and tomato as per your needs. Peel cucumber then chop cucumber, tomato into small pieces add salt, curd mix it well and keep this aside. Take bread, apply ghee/butter on both sides then paste mixture we prepared. At last taste the bread.

Spongy Cucumber Idly:



Take cucumber grate it then take a basin put $\frac{3}{4}$ of rawa, curd, $\frac{1}{2}$ of rice flour add grated cucumber, salt and water mix it well until idly batter consistency. Steam batter in idly cooker.

Rava Dosa :



Chop onion ,ginger, coriander leaves then add rava ,rice flour, salt, pepper powder, curd, water mix it well upto batter medium consistency .Take a pan fry mustard seed, cumin and curry leaves put these on batter. Keep it mixture aside 15 min. Fry batter in tawa until it gets golden color. For more healthy and quick breakfast

Ref:<https://huntsends.com/category/healthfitness>

<https://youtu.be/80VyoCETkLQ>

Delicious Healthy Snacks You Can Try

Habit of buying snacks in shop is common in currently .For change try these delicious healthy snacks, it is yam me to taste.

Healthy Energy Bar:



Roast peanuts (200g), almonds (100g), sesame seed (200g) all nuts separately, keep it cool and grain them find powered. Grate coconut (1 cup) and mix it with fine powered we prepare before. Take thick base pan and small amount water(around 2 tsp) add jaggery(500g) at low flam melt well then add fine powdered and mix it well transfer to oil greased plate let time to cool and cut it required shape .

Nuts laddoo:



Roast flax seed (100g) ,sesame seed(50g),peanut(100g),chia seed(5tsp),Almonds(50g), chana whole (50 g) each protein ingredient separately and a grain them fine powder . Take 10-15 dates (if required add small jaggery(10g)) add it in base thick pan with small water cook low flame for 1 minute ,keep it cool and grain them fine paste .mix well finely grained powered and paste .make laddoo shape ,nuts laddoo ready .

Tasty Lotus seed:



Roast 1 cup lotus seed and keep aside .in another pan add 1.5 ghee in that add ½ tsp (each) black pepper powder, dry mango powder, roasted cumin, chili powder(optional) ,salt to taste fry for 1 minute in low flame then add roasted lotus seed few minutes, tasty lotus seed ready. For more recipe

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<https://youtu.be/KQZai9jBF7I>

